

Pan Seared Scallops

It is important to get dry scallops if possible. Many stores soak the scallops in a whitish liquid that makes them retain water. It is harder to brown the scallops if they have a lot of water. If you can only get chemically treated scallops, soak them in brine for a half-hour to remove some of the chemical. Serve with Buerre Blanc sauce.



Ingredients:

- 8-12 large scallops (1 lb.)
- 1/4 tsp. fresh ground pepper
- 1/4 tsp. salt
- 2 Tbsp. vegetable oil
- 2 Tbsp. unsalted butter

Equipment

- Cast iron fry pan
- Long handled tongs

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| <input checked="" type="checkbox"/> | Directions | Time (min) |
|-------------------------------------|---|------------|
| | Place scallops on several layers of paper towel. Pat and let sit to dry as much as possible | 10 min |
| | Season scallops on both sides with salt and pepper | 1 min |
| | Heat oil in pan over high heat until almost smoking | 1 min |
| | Add scallops with tongs. Fry until brown on bottom | 1-2 min |
| | Flip scallops | .5 min |
| | Add butter to oil and melt | .5 min |
| | Using a large spoon, dip butter and oil mixture from pan and baste scallops while browning. | 1 min |
| | Place scallops on several layers of paper towel. Pat and let sit to dry as much as possible | 2 min |
| | Total | 18 |